

# Woman's World

Conducted by Helene Valeau.

## HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of the Intermountain Catholic. The well known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

Dear Miss Valeau: Please tell me what to use for my hair. I am 35 years old. S. G. Salt Lake.

A good tonic for the hair is composed of: tincture of nuxvomica, one ounce; spirits of rosemary, two ounces; alcohol, two ounces.

This should be applied daily and after applying gently massage the scalp with the tips of the fingers. Singeing is the best plan by which you can have split ends of your hair remedied. Clipping is liable to skip over many of the ends.

Another good hair tonic is: Eau de Cologne, eight ounces; tincture of carduus, three-quarters ounce; oil of lavender, one-half dram; oil of rosemary, one-half dram.

Apply as above.

In washing the hair first be careful to select pure soap that contains no free alkali. Then make a heavy suds or lather by rubbing the suds with a brush or the hands in a half bowl of warm water. Hold the head over the bowl and pour the suds on it with a cup, rubbing lightly, but thoroughly. After the hair and scalp are cleansed rinse well with two or three changes of warm water and dry in the usual manner. Once in every two weeks is often enough to wash the hair.

Never use a metallic brush. Instead use a coarse comb and always comb the hair the way it lies. In other words, do not comb it against the grain. If the hair tangles commence combing at the ends and comb out gradually. To commence combing at the head would tangle it worse, and the pulling tends to rupture the hair follicles and break the hair. Do not comb or brush the hair any more than is absolutely necessary. If you use a tonic on your hair it is well to apply it immediately after washing, as the scalp will take the tonic more readily than at any other time.

Dear Miss Valeau: Please tell me what to do for a severe case of insomnia. G. C. B. Park City.

If you are troubled with insomnia try drinking a glass of hot milk after getting into bed. Sip it very slowly, and as hot as possible. Some people like a pinch of sugar or salt in it. Hot milk has a soothing effect on the nerves and helps to induce sleep.

Dear Miss Valeau: Kindly tell me what is good for hair that splits. JAMES B. Salt Lake.

For hair that splits at the ends singeing is the only remedy.

**Desert Love Song.**

Though far my way, and quivering the red sands in the heat,  
And fair and cool the Palm Well lies where long still shadows meet,  
Till their green peace I may not know, nor slack my good steed's pace,  
For journey's end shall find for me a sweeter resting place.

I have passed the white-walled city, with its garden's dim retreat;  
Lustrous groves a fruit-bung boskage—tranced lure for weary feet.  
Vain the rainbow-mantled blossoms, and their fragrance to entice,  
I ride to your soft petal tips, my Rose of Paradise.

Through the breathless star-gemmed darkness, in the wide forsaken lands,  
Am I lonely in the vastness? I have dreams of clinging hands.  
Should I blunder in the dust storm, lose the narrow homeward track,  
Though you whispered from the world's back, I would be guide to lead me back.

—J. O'Sullivan Gallagher, London News.

**Lack of Repose.**

Women are more apt to take too much out of themselves than men, and as a rule their nervous systems are less stable. Active, highly strung, alert, and busy people, whether they are busy at work or play, are alike, in the respect that they do not allow their minds and bodies sufficient rest. Enervating restlessness, and no body listens to the advocates of a simpler, saner life. Hard work never yet hurt any one, if the hard work was well balanced by the recuperation of proper food and of stated regular hours of rest and sleep. Sore nervous strain itself is only harmful when continued over a long period, with insufficient bodily and mental rest.

The working woman sometimes ages quickly and loses her looks before her domesticated sister, simply because she refuses to rest enough. She comes to her meals in a fagged condition and is surprised that she has no appetite. A short bodily rest before meals would make all the difference. There is hard working men and women should have at least half an hour's complete rest, mental and physical, after meals. Systematic resting at meal times is better than desultory, though longer continued, rests at other times. A half day in bed occasionally is excellent medicine for the business woman. Novel reading in moderation is not to be despised as a rest remedy, while sound, refreshing slumber at night is nature's method of nerve repair. Nine hours' sleep every night is a sound principle to go by, and the mentally active woman who "takes a lot out of herself" requires at least that amount. The man or woman who sleeps enough will do better work and keep younger and healthier for it. Sleep is the best and cheapest medicine, and it is within the reach of everybody. We require as much sleep as we can procure. We may work at night, but if we sleep enough, but if we overwork and "over-sleep," irritability, insomnia, and "asthenia" are almost certainly the result.

One of the prime causes of ill health among men and women who have to work with their brains is neglect of sleep. The woman who curtails her sleep begins to worry.

The busy woman who sleeps and yet keeps young and vigorous, ready to enjoy every day, every moment of her life, and use it to the best advantage. The power to be quiet, the virtue of repose, is worth cultivating in this age of neurotic women.

## UNSPOKEN WORDS.

The kindly words that rise within the heart,  
And thrill it with their sympathetic tone,  
But die ere spoken, fall to play their part,  
And claim a merit that is not their own.

The kindly word unspoken is a sin—  
A sin that wraps itself in purist guise,  
And tells the heart that, doubting, looks within.

But 'tis not so; another heart may thirst  
For that kind word, as Hagar in the wild—  
Poor banished Hagar!—prayed a well might burst  
From out the sand to save her parching child.

And loving eyes that cannot see the mind,  
Will watch the expected movement of the lip  
Ah! can ye let its cutting silence wind  
Around the heart, and scathe it like a whip?

Unspoken words, like treasures in the mine,  
Are valueless until we give them birth;  
Like unopened gold their hidden beauty shines,  
Which God has made to bless and gild the earth.

How sad 'twould be to see a master's hand  
Strike glorious notes upon a voiceless lute!  
But oh! that pain when, at God's own command,  
A heart-string thrills with kindness but is mute!

Then hide it not, the music of the soul,  
Dear sympathy, expressed with kindly words,  
But let it like a shining river roll  
To deserts dry—to hearts that would rejoice.

Oh! let the sympathy of kindly words  
Sound for the poor, the friendless and the weak,  
And He will bless you—He who struck these chords  
Will strike another when in turn you seek.

—John Boyle O'Reilly.

## The Magnetic Woman.

Have you ever met a magnetic woman? Scattered about in the world are a few women of this sort with whom it is a positive pleasure to come in contact. The magnetic woman is enthusiastic and her enthusiasm is infectious. If you meet her on a wet day you soon find yourself wondering why other people say wet weather is so disappointing.

Lighthearted, she always is, with a voice that thrills one, and always good company. A day in her company is invigorating, and when you part you wish she had been a sister with you.

Always, she is as popular with the men as with the women, ceaselessly energetic, witty, refined and resourceful. She is a born lady, and nobody grudges her one whit of her social success.

It may be inbred, but as often as not it is a matter of cultivation and restraint. We are all magnetic in a degree. Some are attracted by a woman's ways, others are repelled, but it is very largely the question of knowing how whereon depends the position which a woman holds in her circle of friends and acquaintances.

**Keeping in Touch.**

The district visitor went about her work with the same indiscriminating enthusiasm which carried her through her other social and philanthropic enterprises.

At the close of one of her long afternoons of reading some of the latest news and the best books to an old lady of the village the minister happened to make a call just after the district visitor had gone.

After the usual greetings the old lady looked up appealingly at him.

"Can't you help a body out of a hole?" she asked. "Tis every day in the week but Sundays she comes now. She means well, and I'm enduring it as best I can, but while I'm being informed of what all the world's doing, and following every movement of our Royalty children, the McCarthy twins and the rest of 'Pearson's Place' are getting away from me, and I never heard of the Halliday boy's teeth all there was three of them in his mouth, nor of the squire's wife has another new bonnet."

**LIFE'S MUSIC.**

There never has been such music since ever the world began.

No melody like it has echoed in the retreating ear of man.

As soft as the bells of the fairies, as blithe as the song of the bird—  
The laughter, the infinite laughter, on lips of the child heard!

Oh, if we could echo that laughter, if we could catch that again,  
The old sweet note of the golden throat, the lilt of the glad re-  
"Kouana and the Hittus," a story, by frain!

Life would be music forever, if one could laugh like the teeth all there was three of them in his mouth, nor of the squire's wife has another new bonnet."

**What She Wore.**

This is the description of a dress worn at a Bermuda ball: "In the making of it over 30,000 stamps were used. Years were spent in collecting the stamps, and three weeks in the making of the dress, which was of the finest muslin. The woman called upon her friends to help her and the dress was covered with the stamps of all nations. They were not put on anyhow, but in an elaborate design. On the front of the bodice was an eagle made entirely of brown Columbian stamps. Suspended from the bird's talons was a globe made of very old blue revenue stamps. On each side of the Globe was an American flag, having stripes of red and blue stamps. On the back of the bodice was a collection of foreign stamps in the form of a shield, in the center of which was a portrait of Sir George Summers, cut from old revenue stamps. A picture hat, covered with red and blue stamps, was worn with this remarkable dress."

**Winter's Knocking.**

(Atlanta Constitution.)  
Winter's knocking! Let him in!  
Now's his time and chance!  
Start the music; we'll begin  
Leadin' life a dance.  
Hear the halloo days  
Singin' on the frosty ways?

No regrets for summer now  
Sleepin' 'neath the flowers;  
We'll be happy anyhow—  
Read the golden hours!  
Welcome—winter nights an' days—  
Singin' on the frosty ways.

**What Peace is.**

Peace is not the spirit of the age; it is not the wisdom of the world. It is not in this that the successful efficiency of our national vigor or the development of our gigantic prosperity consist. It is not man's standard of work or of success. But it is the beauty of the Sacred Heart of Jesus in our hearts. It is the indwelling of the Holy Ghost, which, always with us though less perceptible, we have almost beheld and handled in the peace and order and beautiful concord of this ecclesiastical congress. It is the spirit of Jesus, "peace I leave you, my peace I give unto you. Let not your heart be troubled, nor let it be afraid."—Father Faber.

**Some Quaint Inscriptions.**

Many old houses throughout England have long been famous for the quaint and humorous inscription painted or carved on one of their interior walls. On the portico of Arley hall, the seat of the Warburton family, there is inscribed this welcome:

This gate is free to all men good and true;  
Right welcome thou, if worthy to pass through.

And at Loseley house, Surrey, there is a Latin inscription over the doorway to this effect: "I am shut to an enemy, but am always open to a friend." Above the door of a house at Salvington, Sussex, in which Seldan was born, there is a Latin couplet much to the same import, and Montacute house, Somerset, has these two lines carved:

Through this wide opening gate  
None come too early, none return too late.

**Diet and Beauty.**

Women who want to be beautiful must pay attention to their diet. Buckets of lotions, pounds of creams and skin foods, boxes of flesh crushers, complexion rollers, soaps—nothing, not one of these, can produce the slightest effect in helping to give the right color and glow to the complexion that has been spoiled by improper food, says Woman's Life.

When pimples make their appearance on girls' faces many a mother will even run to give blood tonics and such, while still allowing their daughters to devour fresh pork, chops, veal cutlets, but never a bit of fruit or fresh greens. "Because they don't like anything of that kind, but prefer good, substantial, hearty food."

**Unmentionable.**

The children were having an object lesson on "The Heron." The master called attention to its small tail, saying: "The bird has no tail to speak of."

The next day he asked the children to write an essay on the bird, and one little girl concluded by saying: "The heron has a tail, but it must not be talked of!"

**Find Him Useful.**

The buffalo, or caraboa, is considered the most useful animal in the Philippines. It serves for hauling, carting, plowing and carries loads on its back. A peasant owning a buffalo and enjoying good health can easily make an independent living. Buffalo meat is good food, and its flesh is not unlike venison. Buffaloes are sometimes used to draw carriages. The value of one of these animals is from \$10 to \$20. The rustic natives and the buffalo are familiar companions. It is not of great endurance, and cannot support hard work in the hot sun for more than three hours without rest and bathing if water be near. They stand in the water whenever they can.

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